



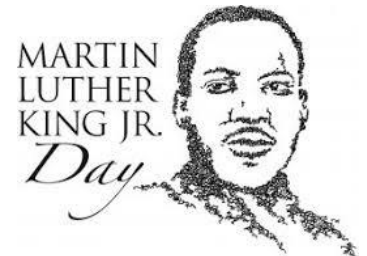
**2022**

**SENIOR**

**CITIZEN'S**

**CLUB**

**NEWSLETTER**





Kathleen Brownell	January 1 <sup>st</sup>
Leonard Henderson	January 13 <sup>th</sup>
Norman Speaker	January 16 <sup>th</sup>
Gary Slimer	January 17 <sup>th</sup>
Bruce Egger	January 18 <sup>th</sup>
Dorothy Hood	January 18 <sup>th</sup>
Larry Dye	January 20 <sup>th</sup>
Marge Howard	January 20 <sup>th</sup>
Jim Silknitter	January 20 <sup>th</sup>
Edna Nickal	January 25 <sup>th</sup>
Helen McKnight	January 26 <sup>th</sup>

### **WEDDING ANNIVERSARIES**

Vicki Chamberlain (Terry)	January 8, 1972
Bill & Dorothy Dobson	January 12, 1956
Allen & Betty Pancost	January 19, 1956
Ray & Nancy Pasqua	January 25, 1969

PLEASE JOIN US IN CELEBRATING CLUB MEMBERS

BIRTHDAYS & ANNIVERSARIES ON



**WEDNESDAY, JANUARY 26<sup>TH</sup> AT 3:00 P.M.**

## January 2022

Mon	Tue	Wed	Thu	Fri	
					<b>1</b> No Dance tonight HAPPY NEW YEAR'S!!
<b>3</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Pinochle 1:30 Cards & Pool	<b>4</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Sewing & Hobbies 1:30 Billiards	<b>5</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Sr. Citizen's Club Business Meeting 1:30 Cards, Cornhole, Mah John, Dominoes, Pool	<b>6</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Billiards 2:00 Novice Tai chi	<b>7</b> 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Chess, Checkers, & Pool 1:30 Council on Aging Meeting	<b>8</b> 6:30 P.M. Dance w/ Jim Ehrlich \$7:00 All Ages Welcome
<b>10</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool	<b>11</b> 10:00 Foot Care Clinic-By appointment 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Sewing & Hobbies 1:30 Rummy & Billiards	<b>12</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Cornhole, Mah Jong, Dominoes, Pool	<b>13</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Hand & Foot Canasta 1:30 Billiards 2:00 Novice Tai Chi	<b>14</b> 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Chess, Checkers, & Pool	<b>15</b> Dance w/ FM Country \$7.00 PUBLIC INVITED
<b>17</b> 10:00 <b>NO SILVERSNEAKERS® TODAY</b> Noon Meet & Eat 1:00 Heritage Center Closes in observance of Martin Luther King Jr. Day	<b>18</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Las Amigas Bridge Club 1:30 Sewing & Hobbies	<b>19</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Cornhole, Dominoes, Mah Jong, Pool	<b>20</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Movie Matinee <i>"The Sting"</i> 1:30 Billiards 2:00 Novice Tai Chi	<b>21</b> 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Chess, Checkers, & Pool	<b>22</b> Dance W/ Dan Dobson \$7.00 EVERYONE WELCOME TO COME IN
<b>24</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Pinochle 1:30 Cards & Pool	<b>25</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Sewing & Hobbies 1:30 Billiards 1:30 Rummy	<b>26</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Cornhole, Dominoes, Mah Jong, & Pool 3:00 Sr. Citizen's Club Birthday & Anniversary Party	<b>27</b> 10:00 SilverSneakers® Classic 11:30 SilverSneakers® Quarterly Birthday Party Noon Meet & Eat 1:30 Hand & Foot Canasta 2:00 Novice Tai chi	<b>28</b> 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Chess, Checkers & Pool	<b>29</b> Dance W/ Classic Country \$7.00 All Ages Welcome
<b>31</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool					

# JANUARY 2022 HERITAGE MEAL SITE

## FOR RESERVATIONS OR CANCELATIONS CALL 522-1237

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
<b>SWEET &amp; SOUR PORK</b> <b>BROWN RICE</b> <b>CALIFORNIA VEGETABLES</b> <b>WW ROLL</b> <b>PEAR SLICES</b> <b>OATMEAL RAISIN COOKIE</b>  Calories: 744 Carb: 108.2g Fiber: 9.8g Protein: 33.9g Fat: 21.84g Sod: 575mg	<b>BBQ BEEF SANDWICH</b> <b>POTATO SALAD</b> <b>BRN BUTTER &amp; DILL BRUSSEL SPROUTS</b> <b>FRUIT CUP</b>  Calories: 658 Carb: 96.8g Fiber: 12.1g Protein: 33.1g Fat: 19.0g Sod: 861mg	<b>BEEF &amp; NOODLES</b> <b>CREAMY COLESLAW</b> <b>PARSLIED CARROTS</b> <b>APRICOT HALVES</b> <b>CINNAMON CRISPIES</b> <b>ROLL</b>  Calories: 688 Carb: 100.6g Fiber: 11.60g Protein: 32.0g Fat: 19.8g Sod: 649mg	<b>CHOICE:HAMBURGER STEAK</b> <b>BAKED FISH</b> <b>BAKED POTATO</b> <b>COUNTRY MIX VEGETABLES</b> <b>BRAN MUFFIN</b> <b>CHERRY BANANA SURPRISE</b> <b>COOKIE W/ CHOCOLATE CHIPS</b>  Calories: 723 Carb: 110.9g Fiber: 12.2g Protein: 30.5g Fat: 20.8g Sod: 826mg	<b>CHICKEN RICE SOUP</b> <b>GREEN BEANS W/ TOMATOES</b> <b>ONION ROLL</b> <b>WINTER FRUIT CUP</b> <b>OATMEAL NUT COOKIE</b>  Calories: 635 Carb: 97.2g Fiber: 9.8g Protein: 23.0g Fat: 19.7g Sod: 1031mg
10	11	12	13	14
<b>SPANISH RICE W/ GROUND BEEF</b> <b>TOSSED SALAD W/ DRESSING</b> <b>ROLLS</b> <b>PEACH SLICES</b> <b>APPLE GRANOLA COOKIE</b>  Calories: 660 Carb: 90.7g Fiber: 11.1g Protein: 31.9g Fat: 21.7g Sod: 484mg	<b>CHICKEN FRIED STEAK</b> <b>MASHED POTATOES W/ COUNTRY GRAVY</b> <b>ITALIAN VEGETABLES</b> <b>OATMEAL ROLL</b> <b>SLICED BANANAS</b> <b>ORANGE JUICE</b>  Calories: 791 Carb: 105.3g Fiber: 10.5g Protein: 40.0g Fat: 25.5g Sod: 737mg	<b>PARMESAN CHICKEN</b> <b>HERBED RICE</b> <b>MARINATED VEGETABLE SALAD</b> <b>ONION ROLL</b> <b>PEAR ORANGE FRUIT CUP</b>  Calories: 789 Carb: 81.3g Fiber: 8.5g Protein: 53.9g Fat: 28.5g Sod: 1027mg	<b>BARBECUE PORK CHOPS</b> <b>AU GRATIN POTATOES</b> <b>CABBAGE</b> <b>BRAN MUFFIN</b> <b>PINEAPPLE MANDARIN ORANGE COMPOTE</b>  Calories: 808 Carb: 98.8g Fiber: 9.9g Protein: 44.3g Fat: 29.7g Sod: 915mg	<b>CHOICE:HAMBURGER STEAK</b> <b>OVEN FRIED LIVER</b> <b>PARSLIED NOODLES</b> <b>STEWED TOMATOES</b> <b>WW ROLL</b> <b>STRAWBERRY APPLESAUCE</b>  Calories: 652 Carb: 96.7g Fiber: 9.8g Protein: 35.8g Fat: 15.7g Sod: 552mg
17	18	19	20	21
<b>CHILI W/ BEANS</b> <b>CORN BREAD</b> <b>PINEAPPLE COLESLAW</b> <b>APRICOT HALVES</b>  Calories: 642 Carb: 106.8g Fiber: 15.9g Protein: 30.6g Fat: 12.9g Sod: 854mg	<b>HAMBURGER ON A BUN</b> <b>BAKED BEANS</b> <b>COUNTRY MIX VEGETABLES</b> <b>MANDARIN ORANGES</b>  Calories: 726 Carb: 91.8g Fiber: 12.2g Protein: 45.9g Fat: 22.0g Sod: 958mg	<b>BARBECUE CHICKEN</b> <b>POTATO SALAD</b> <b>STIR FRY VEGETABLES</b> <b>BRAN MUFFIN</b> <b>TROPICAL FRUIT CUP</b>  Calories: 702 Carb: 91.4g Fiber: 10.1g Protein: 40.1g Fat: 21.4g Sod: 1172mg	<b>ROAST TURKEY &amp; GRAVY</b> <b>YAM APPLE BAKE</b> <b>COUNTRY MIX VEGETABLES</b> <b>WW ROLL</b> <b>PINEAPPLE MANDARIN ORANGE COMPOTE</b>  Calories: 701 Carb: 106.8g Fiber: 10.5g Protein: 26.6g Fat: 20.7g Sod: 712mg	<b>SALISBURY STEAK</b> <b>MASHED POTATOES</b> <b>WINTER MIX VEGETABLES</b> <b>ONION ROLL</b> <b>FRUIT CUP</b>  Calories: 677 Carb: 79.5g Fiber: 10.1g Protein: 43.2g Fat: 22.6g Sod: 680mg
24	25	26	27	28
<b>TERIYAKI BEEF</b> <b>RICE</b> <b>ORIENTAL VEGETABLES</b> <b>WW ROLL</b> <b>PEACH SLICES</b> <b>OATMEAL CHOCOLATE CHIP COOKIE</b>  Calories: 706 Carb: 109.3g Fiber: 9.7g Protein: 30.8g Fat: 17.1g Sod: 518mg	<b>SPRING GARDEN CHICKEN</b> <b>HOT SPICED BEETS</b> <b>ORANGE MUFFIN</b> <b>OREGON BERRY COMPOTE</b>  Calories: 730 Carb: 92.3g Fiber: 9.7g Protein: 41.1g Fat: 22.3g Sod: 878mg	<b>HAM POTATO OMELET</b> <b>BEAN MEDLEY</b> <b>BRAN MUFFIN</b> <b>CHERRY BANANA SURPRISE</b>  Calories: 629 Carb: 81.7g Fiber: 10.9g Protein: 30.2g Fat: 22.6g Sod: 910mg	<b>BEEF BARLEY SOUP</b> <b>CAROLINA SALAD</b> <b>CORN BREAD</b> <b>PEAR ORANGE FRUIT CUP</b> <b>APPLE GRANOLA COOKIE</b>  Calories: 692 Carb: 101.9g Fiber: 9.8g Protein: 22.9g Fat: 24.1g Sod: 761mg	<b>LASAGNA BIANCO</b> <b>GREEN BEANS</b> <b>TOSSED SALAD W/ DRESSING</b> <b>FRENCH BREAD</b> <b>FRUIT COCKTAIL</b> <b>APPLE JUICE</b>  Calories: 745 Carb: 83.3g Fiber: 10.8g Protein: 15.2g Fat: 25.6g Sod: 1097mg
31				
<b>CABBAGE BURGERS</b> <b>COBBLER CORN</b> <b>BANANA SPLIT FRUIT CUP</b> <b>SPIKE CAKE</b>  <b>BIRTHDAY RECOGNITION</b>  Calories: 696 Carb: 103.7g Fiber: 10.0g Protein: 30.5g Fat: 21.5g Sod: 391mg		<b>IF YOU CHOOSE THE CHOICE ENTREE, PLEASE MAKE THE RESERVATION FOR IT BY (1) ONE DAY BEFORE</b>	<b>For Reservations</b> <b>Call 522-1237 by 8:00 a.m.</b> <b>the day you want the meal.</b>  <b>If you must cancel your meal,</b> <b>please do so by 8:00 a.m.</b> <b>the day of the meal.</b>	<b>Suggested Donation - \$4.00</b>  <b>Under Age 60</b> <b>Mandatory Charge - \$12.50</b>  <b>Menu may change due to availability of food items or conditions that cause the kitchen to close.</b>

# LOGAN COUNTY HERITAGE CENTER ACTIVE AGING ADULT FITNESS CLASSES



## SilverSneakers® Yoga

Older Adult Group exercise from a chair or standing position that targets flexibility, range of movement, balance and mind-body integration.

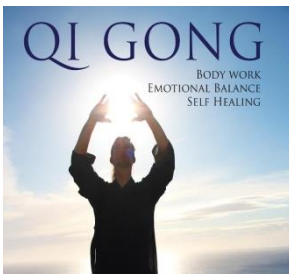
**Monday & Wednesday mornings at 10:00 a.m.**

Some supplemental insurance will cover the expense of the class.

\$2.00 a class for those with no applicable insurance coverage.

---

## Qi Gong



This group will be meeting for exercise class led by DVD

Instruction on Friday mornings at 10:00 a.m. Stretches to clear stress and tension, acupressure to open energy meridians and flowing movement practices to draw in energy to counteract fatigue and boost immune health. Please come and join us, this class is free.

---

## SILVERSNEAKERS® CLASSIC

This group exercise program will help improve functional capacities, physical fitness and sense of well-being targeting strength, range of movement, agility, balance and coordination. Medicare Supplemental insurance can cover the cost of this class we would be glad to check your eligibility. \$2.00 for those without eligible insurance.

**Tuesday and Thursday mornings at 10:00 a.m.**

Please come and join us.



---

## NOVICE TAI CHI



This class is offered on Thursdays at 2:00 for those who have already completed a beginners Tai Chi class or are familiar with the practice. There is no instructor, this is a collaborated effort of those attending.

**Renew Active**  
by  **UnitedHealthcare**

Renew Active™, the gold standard in Medicare fitness programs for body and mind, is coming to Logan County Heritage Center in January. The program is available at no additional cost with UnitedHealthcare® Medicare plans. In the meantime, you can learn more at [UHCRenewActive.com](http://UHCRenewActive.com)



## RUMMY

New to the line-up at the Heritage Center is Rummy. We will be playing on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays of each month starting at 1:30 p.m. Bring a snack and enjoy the company of others in a relaxed atmosphere.



### Join the SENIOR CITIZEN'S CLUB

For Pinochle and Pool on

Mondays, Wednesdays, & Fridays

1: 30 start time, Snack break at 3:00

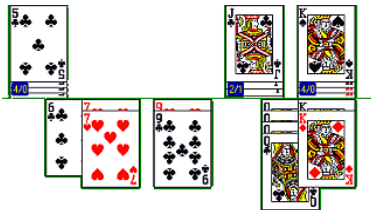


---

## SEWING AND HOBBIES



Like to share ideas and work as a group. Bring what you want to work on and be prepared to talk/visit. All ideas/projects are welcome.



## HAND & FOOT CANASTA

2<sup>nd</sup> and 4<sup>th</sup> Thursday of each month

1:30 – 4:00 p.m. Individuals or partners are welcome to join us to play hand and foot canasta. This is a great group to join if you have never played before and want to learn. Let us know you are coming by calling 522-1237.

---

## MAH JONG, CHESS, DOMINOES, CORNHOLE

These other recreational games are offered throughout the month, we would love to get enough interest to start a league. Please call us or sign up for the newsletter to find out when these games are on the monthly calendar. Please provide your name and contact information so we can start forming leagues.

---

## FOOT CARE CLINIC

2<sup>nd</sup> Tuesday of every other month

10:00-11:00 a.m. BY APPOINTMENT ONLY

Call 522-1237 to schedule your 15 minute appointment

Suggested donation no less than \$5.00

Please soak your feet before you come and bring a towel for your added comfort

Provided by Sterling MedCare Home Health

## LENZ POTATOES

We will still be taking orders from Lenz Potatoes in January. Please place your order and have it paid for by Friday at Noon. The potatoes are usually delivered by 1:00 p.m. on Mondays.

50 lb. carton	\$22.00
50 lb. #2s	\$12.00
<b>5 lb. bags</b>	<b>\$2.50</b>



Please remember that we have the following game sets you can come in and play.  
Please check with the office to help set up boards and make sure playing time is available.

Corn Hole

Mah Jongg

Chess



## FOOT CARE CLINIC THIS MONTH

The foot care clinic provided by Sterling MedCare Home Health will be

**Tuesday, January 11<sup>th</sup>**

**10:00-11:00 by appointment only  
(8 slots available)**

**Suggested Donation no less than \$5**

**Please soak your feet before you come and  
provide a towel**



## Senior Citizen's Club Friendship Dinner

**WEDNESDAY, FEBRUARY 16<sup>TH</sup> 12:00 p.m.**

\$13 to attend

**Reservations must be made and PAID FOR by**  
**Wednesday, February 2<sup>nd</sup>**

Ham, Cheesy potatoes, glazed carrots, cherry fluff salad, dinner roll and  
pie w/ whipped topping

TICKETS GO ON SALE JANUARY 12<sup>TH</sup>



## MOVIE MATINEE

**Our monthly movie for January will be**

**“THE STING”**

**THURSDAY, JANUARY 20<sup>TH</sup>**

**1:30 P.M.**

Following the murder of a mutual friend, aspiring con man Johnny Hooker (Robert Redford) teams up with old pro Henry Gondorff (Paul Newman) to take revenge on the ruthless crime boss responsible, Doyle Lonnegan (Robert Shaw). Hooker and Gondorff set about implementing an elaborate scheme, one so crafty that Lonnegan won't even know he's been swindled. As their big con unfolds, however, things don't go according to plan, requiring some last-minute improvisation by the undaunted duo.



### LOGAN COUNTY HEALTH CHALLENGE- A HEALTHIER WEIGH

The Logan County CSU Extension is taking entries for teams or individuals that want to participate in the 12-week challenge that encourages increased activity, making wise food choices and living a healthier lifestyle.

More information is available at the Heritage Center or by calling  
Jaci Wagner at 970-522-3200.





## DANCING WITH LIVE MUSIC

6:30-9:30 p.m.

\$7.00 Everyone Welcome

January 1<sup>st</sup> No Dance

January 8<sup>th</sup> Jim Ehrlich

January 15<sup>th</sup> FM Country

January 22<sup>nd</sup> Dan Dobson

January 29<sup>th</sup> Classic County



**Renew Active**  
by  UnitedHealthcare

Please join us for a winter wonderland

SilverSneakers®/ Exercise Class

Quarterly Birthday Party

All individuals participating in SilverSneakers® classes eligible through insurance or not are invited. If it's your birthday or not please come we will be honoring our friends with October, November & December birthdays  
(since we ran out of time during the holidays)

**THURSDAY, JANUARY 27<sup>TH</sup>**

**11:30 a.m.**

Reservations due by Friday, January 21<sup>st</sup>

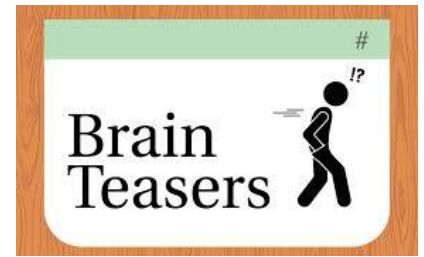
Cynthia Mills

[heritagecenter@kei.net](mailto:heritagecenter@kei.net) or 970 522 1237

## BRAIN TEASERS AVAILABLE WEEKLY

You know that exercising your body is important for your health, but cognitive exercises are also crucial for keeping your mind sharp and preventing memory loss.

Pick up a new brain teaser each Friday and do something good for yourself!



Just a reminder the Heritage Center will be closing at 1:00 on Monday, January 17<sup>th</sup> in observance of Martin Luther King Jr. Day. There will be no exercise. Meals will be delivered and served at the center.



Senior Citizen's Club Monthly Birthday and Anniversary party is held on the last Wednesday of each month at 3:00 p.m.

Our next party will be **WEDNESDAY, JANUARY 26<sup>TH</sup>**  
**3:00 P.M.**

We are looking for individuals to help host by furnishing cakes, ice cream and helping to serve. If you would like to take a turn please let Kristyne Hernandez or any other club officer and board member.

# Renew Active

by  UnitedHealthcare®

Available here

**Stay active.  
Stay focused.  
Stay you.**

**We are excited to be participating  
in Renew Active®, the gold  
standard in Medicare fitness  
programs for body and mind**



Participation in the Renew Active® program is voluntary. Consult your doctor prior to beginning an exercise program or making changes to your lifestyle or health care routine. Renew Active includes standard fitness membership and other offerings. Fitness membership equipment, classes, personalized fitness plans, caregiver access and events may vary by location. Certain services, discounts, classes events, and online fitness offerings are provided by affiliates of UnitedHealthcare Insurance Company or other third parties not affiliated with UnitedHealthcare. Participation in these third-party services are subject to your acceptance of their respective terms and policies. UnitedHealthcare is not responsible for the services or information provided by third parties. The information provided through these services is for informational purposes only and is not a substitute for the advice of a doctor. The Renew Active program varies by plan/area. Access to gym and fitness location network may vary by location and plan. Renew Active premium gym and fitness location network only available with certain plans.

Plans insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract. Enrollment in the plan depends on the plan's contract renewal with Medicare.

© 2021 United Healthcare Services, Inc. All Rights Reserved.

Y0066\_210818\_100731\_M

WF4567667 137455-062021 OHC



# One Pass Accepted Here

One Pass™ gives you access to a healthier lifestyle with the convenience of a single program. Ask an associate for details.